

## News Briefs

### Change of command

♦ Col. Ann Smith will relinquish command of the 52nd Maintenance Group to Col. Darryl Mosley Tuesday at 3 p.m. in Hangar 1. Shuttles will be available to pick up attendees at the Spangdahlem AB Commissary and Club Eifel parking lots from 2-2:35 p.m. A reception will be held at the Club Eifel Ballroom immediately after the ceremony.

♦ Lt. Col. Russell Quinn will relinquish command of the 22nd Fighter Squadron to Lt. Col. Julian Chesnutt May 12 at 3:22 p.m. in Hangar 1. Call 452-4061 for details.

### New parking lot construction begins

Construction takes place Tuesday through July 17 on a new parking lot between building 133, dormitory 134 and the outdoor covered basketball court. Expect traffic delays along Arnold Boulevard during construction. It is recommended that people use Memorial Drive running parallel to L-46 as a detour around the work area whenever possible. Call Tech. Sgt. John Newlin at 452-7214 for details.

### Share-A-Ride

The 52nd FW has implemented the Share-A-Ride Program, designed to provide an alternative means of transportation for Sabers and family members who commute between Spangdahlem AB, Bitburg Annex and the government-leased housing areas. Starting Monday, drivers will begin seeing signs attached to bus stops indicating commuters' desired destinations. The success of this initiative depends on Sabers' willingness to share a ride and assist those in need of transportation.

### Some Louisiana residents get tax break

Active duty service members who claim Louisiana as their state of residence for tax purposes may be entitled to a refund, particularly if they filed their state tax returns prior to April. The Louisiana Legislature changed the law to allow active duty military residents stationed outside of the state to deduct a maximum of \$29,999 of military income from taxable income on their Louisiana tax return. The change was made after filing season began for 2005, but the change is retroactive to January of 2005. In order to claim this benefit, the military member must have been on active-duty service outside of Louisiana for at least 120 consecutive days. This provision expired at the end of 2004, and for all of 2005 there was no legislation to renew or extend it. In late February, the Louisiana Legislature renewed this provision. All Louisiana tax returns prepared before Feb. 21 would not reflect this change in law. Returns prepared before notice was received may also reflect this inaccuracy. Call the Spangdahlem AB Tax Center at 452-1040 for questions about Louisiana tax returns. Bring in federal and Louisiana returns to make corrections or for re-filing assistance.

### Privileged Nature of Mail

Because of the privileged nature of mail, postal clerks are not authorized to provide information such as box numbers, addresses or whether or not there is mail in a customer's box.

### Czech this out!

Czech Republic offers shopping, culture and more.

Read "Czech Republic flea markets feature fine Bohemian crystal" on Page 7.



# Eifel Times

Vol. 40, Issue 17

Spangdahlem Air Base, Germany

www.spangdahlem.af.mil

May 5, 2006



Capt. Tom Crosson

### A coin for their thoughts

(From Left to right) Jordan Stubbs, Amanda Menschel, Katelynn Kenney and Shannon Doherty, 8th grade Spangdahlem Middle School students, receive coins and congratulations from Col. David Goldfein, 52nd Fighter Wing commander, Thursday, during the Commander's Academic Awards Program ceremony. The middle school seniors received the awards for maintaining a 4.0 grade point average. Colonel Goldfein and Col. Sid Banks, 52nd Mission Support Group commander, were on hand at the ceremony to recognize more than 50 Spangdahlem Middle School students for their achievements during the last academic semester.

## Maintenance Airman killed in two-car vehicle crash near base

By Capt. Tom Crosson  
52nd Fighter Wing Public Affairs Office

At approximately 5 a.m. Sunday, an Airman from the 52nd Equipment Maintenance Squadron died in a two-car vehicle accident near base.

Senior Airman Jason Bechel was killed in an automobile collision on L39 between Herforst and Speicher. Two others, both civilians, were injured in the accident.

The 52nd Security Forces Squadron and 52nd FW Safety investigators are working with local Polizei in a joint investigation to determine the cause of the accident.

A memorial service for Airman Bechel was held yesterday in Hangar 1.



Senior Airman Jason Bechel

"It is a real tragedy when we lose one of our own," said Col. Dave Goldfein, 52nd Fighter Wing commander. "Airman Bechel was an important member of our Saber family. Dawn and I share our deepest sympathies with the Bechel family, his fiancée, and the taxi driver (who was also injured in the accident), as well as Jason's EMS and aircraft maintenance squadron coworkers and friends. He will be missed."

Airman Bechel's decorations include the Global War on Terrorism Medal, Air Force Achievement Medal, Air Force Longevity Service Award, National Defense Service Medal, and the Air Force Training Ribbon. The 52nd FW Chapel and Life Skills center are standing by to assist anyone who needs help with the grieving process. The chapel can be reached at 452-6711 or 6281, and Life Skills can be contacted at 452-8285.

## FSC offers resources for deployment, families

By Janice Wood  
Spangdahlem Air Base Family Support Center

Many wing members will deploy in coming months, making preparation and family well-being essential elements before, while and after the member is downrange.

The National Military Family Association offers resources and links for families regarding deployment and children on their Web site: [http://www.nmfa.org/site/PageServer?pagename=home\\_deploymentandyou](http://www.nmfa.org/site/PageServer?pagename=home_deploymentandyou).

Topics include family deployment checklists, helping children during deployment, advancing the health of the family left behind and more.

Parents and care providers should emphasize the following points to their children:

- ♦ The deployed parent is not only

trained to do their job, but they know what they are doing in deployment situations.

♦ The family and children at home also have a job. Children need to know they need to try for success in school, help mom or dad out, take on new chores and maintain a healthy lifestyle by not engaging in at-risk behaviors.

♦ Communication with children should be age-appropriate. Children take their cues from parents, so be careful about sharing too much or too little emotion in front of them. For more information on ages and stages of communicating with children during deployment visit [http://www.nmfa.org/site/DocServer/Helping\\_Children\\_Cope\\_During\\_Deployment.pdf?docID=5201](http://www.nmfa.org/site/DocServer/Helping_Children_Cope_During_Deployment.pdf?docID=5201).

The Military Child Education Coalition Web site includes an eight-page deployment booklet for parents and educators at [www.militarychild.org](http://www.militarychild.org).

The Army is offering the 2006 Camp A.R.M.Y. Challenge. Camp A.R.M.Y., or Adventure, Resilience, Memories and Youth, is "a chance to meet other kids facing similar challenges of having a parent deployed. The camp features hiking, swimming, scavenger hunts, barbecues, art activities, white-water rafting, creative writing, ropes courses, European adventures, rappelling and more.

For grades 9-12, the camp will be at Grafenwoehr, Germany, from June 18-24. The grades 6-8 camp is being offered at Camp Darby, Italy, from July 9-15 and July 23-29. For information about either camp, call Sally Fuller at the Youth Programs office at 452-7546 or 06565-617546. Applications are due today. All applicants must have at least one parent deployed.

Cost is \$50 and transportation is not provided to the camp.

# RESCON Watch

## BRAVO

1-2 DUIs in the Last 30 Days

Days since last DUI: **20**

Large unit with best record: 52nd Communications Squadron, 477 days

Small units with best record: 52nd Medical Support Squadron, 52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

**When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.**



## Explosive ordnance disposal:

## Danger is real, the reward is saving lives

By Master Sgt. Will Ackerman  
447th Air Expeditionary Group Public Affairs

**SATHER AIR BASE, Iraq** -- One might think explosive ordnance disposal troops are adrenaline junkies or risk takers, but they are meticulous about their work and don't take unnecessary risks. However, because they deal with explosives here placed by the enemy, the risk is real.

"We all know the consequences," said Tech. Sgt. William Sistler, a 447th Expeditionary Civil Engineer Squadron EOD team chief. "But we don't think about it."

Since January, the EOD Airmen responded more than 340 times to more than 250 improvised explosive devices in an area of responsibility covering 500 square miles.

Even though they face the chance of injury or even death every time they respond, their safety record demonstrates the focus they have when responding and the type of people in the career field.

"They are the kind of people who think on their feet," said Senior Master Sgt. Dale Moser, 447th ECES EOD superintendent who is deployed from the 52nd Civil Engineer Squadron.

Until Operations Iraqi and Enduring Freedom, Air Force EOD's primary mission was base support, which included disarming hung flares on aircraft or suspect packages. But now they perform what used to be primarily an Army mission -- safing explosives on the battlefield.

The career field had not lost an Airman performing a safing procedure since Vietnam, Sergeant Moser said, until March 29. Tech. Sgt. Walter Moss, an EOD team chief here, died while trying to safe an explosive device near Baghdad.

"It makes you think, 'It could happen to anyone,'" Sergeant Moser said. But "sometimes accidents happen."

Although the team took the loss hard and took a few "mandatory" days off to deal with the emotional side of the incident and to review their procedures, they know this is one of the dangers they face.

"There is not a whole lot we can change in the mission," said Tech. Sgt. John Hill, an EOD team chief. "We looked at the scenario, and we doubt any of us would have done anything different."

Another threat is incoming small arms or mortar rounds while they are trying to safe an explosive device. An equal danger is getting to the place where the device is located. Sometimes they pass four or five IEDs to get to their initial response location.

"Many of us consider getting to the IED a bigger threat than the IED itself," said Senior Airman Amos Smith, an EOD technician. "We are pretty skilled in getting across bridges, where sometimes our vehicle is slightly wider than the bridge and the tires are hanging over the edge on both sides."

The roads also become slick when it rains; occasionally

causing vehicles to slide into one of the numerous canals.

"There is always the danger the vehicle can flip over in the canal and the doors may jam shut, which can cause you to drown," he said.

Regardless of the threat, they try to mitigate the risks. They use high-tech robots with mounted cameras and mechanical arms to view and disarm explosives. But sometimes they still have to take the walk to safe an explosive device.

"People who have never taken that long and lonely walk down to safe an IED or a roadside bomb will never come to fathom how it feels," Master Sgt. J.T. Thrower wrote in a message that was read at Sergeant Moss' memorial service April 1.

Because they face these dangers each mission, the EOD Airmen trust each other.

"We put each other's life on the line," said Sergeant Sistler. "If our Team Leader says it's good to go downrange, we have to trust that he or she is right."

They also realize the value of their work.

"For every IED we take care of, one more won't explode," Sergeant Sistler said. "It won't take out another civilian or Coalition troop."

EOD Airmen put their lives in danger for people they do not even know.

"It's just what we do," said Sergeant Sistler.

## SECAF discusses current, future personnel issues

By Master Sgt. Mitch Gettle  
Air Force Print News

**WASHINGTON** -- Ensuring the Air Force operates fiscally is akin to anyone budgeting and paying for household and living expenses. The costs involved must be balanced and paid in order to maintain a certain lifestyle.

For the Air Force, some of the business costs reside in the targeted reduction of 40,000 full-time equivalent positions over the next five years to meet future budget constraints.

The secretary of the Air Force recently talked about how the Air Force intends to meet those force reductions and the impact on Airmen.

"This (reduction) is really about a turning point in our Air Force," said Michael W. Wynne, "and a realization by our senior leadership that we cannot move forward with our aging equipment with our increasing costs of operation and engagement of our aircraft."

The Air Force is operating more efficiently as it relies more and more on reachback, innovations in technology and Air Force Smart Operations 21.

That efficiency, resulting in fewer Airmen needed to do the work, helps ease the service's financial responsibility.

There are many costs associated with the continuously expeditionary nature of the Air Force.

Just like a household budget, the big-ticket items like rent or a mortgage must be budgeted first.

"We need to continue to put an emphasis on

training and resources for equipment to include maintenance and spares," he said. "We have an obligation to be the best Air Force in the world and that requires the best equipment and people to do the job."

Acquisition, investment, and operation and maintenance areas are the top priorities for funds allocation. By focusing on these areas, the Air Force increases its equipment reliability rates and reduces maintenance.

"This is all about the resources this frees up and not about

any individuals, who we value very highly," Mr. Wynne said. "We see that we have higher reliability and consolidated equipment so we will not need as many people as we do today."

The cuts become a matter of business and fiscal sense leading the Air Force to become a more lethal and agile force, he said.

"These Airmen didn't come to the Air Force to add expense, they came to make themselves more valuable and the Air Force more valuable," Mr. Wynne said. "We treasure every one of them, and as we go forward we want to retain highly qualified people to manage this better Air Force we are designing."

The mission of the Air Force has dictated and always will dictate the direction the Air Force takes when it comes to equipment and personnel.

"Our senior leaders and unit leaders must look at these cuts and ensure we can accomplish the mission," he said. "We need to ensure we retain the right caliber and quantity (of Airmen) to make the mission happen today, tomorrow and forever."



Photos by Capt. Tom Crosson

(From left) Maj. Gen. Thomas Kane, Headquarters Air Mobility Command director of plans and programs, Scott Air Force Base, Ill., tours the 726th Air Mobility Squadron with Lt. Col. James Kirk, 726th AMS commander, during a visit here Wednesday. 726th AMS Master Sgts. Michael Pierce, John Roberts, and Marcel Balaoro, maintenance operations flight chief, support flight chief and unit flight chief respectively, greet General Kane, who traveled here to make his first visit to the new 726th AMS facilities.



Master Sgt. Joycelyn Latham, 726th AMS forward supply operation section chief talks with General Kane during his visit here Wednesday.

## Two-star visits Sabers







Courtesy photo

## Top Saber Performer

**Name:** Staff Sgt. Thomas Murray Jr.  
**Unit:** 703rd Munitions Support Squadron Communications Flight  
**Duty title:** Communications Security (COMSEC) Accountant  
**Hometown:** Fayetteville, N.C.  
**Years in service:** 5.5  
**Nominee's contributions to 52nd Fighter Wing mission success:** As a COMSEC accountant, Sergeant Murray is responsible for meeting Defense Courier Service personnel in order to maintain accountability of COMSEC material. He also worked with the 52nd Communications Squadron to ensure that 703rd MUNSS members had network connectivity.

### Off-duty volunteerism and profes-

**sional development pursuits:** Sergeant Murray recently completed his Community College of the Air Force degree in communications and information technology.

**What do you do for fun?** I like to run outdoors, play computer games and sleep.

**What do you like most about being stationed here?** I had the opportunity to travel to Ireland, France, Belgium and England. The Netherlands is located in the middle of Western Europe and is a very nice central point to travel from.

**What's one thing you'd like to see changed or improved at Spangdahlem Air Base?** I'd like to see a larger gym and a few more in house college classes as opposed to online classes.

## Volkel Airman wins first place at USAFE Idol 2006 competition

**USAFE SERVICES - SEMBACH AB, Germany** -- The 2006 USAFE Idol winners were announced April 22 after a three-hour competition between eight base-level Idol winners.

In addition to the base-level Idol contestants' performances, the evening also featured music and entertainment by the U.S. Air Forces in Europe band "Direct Hit," the 2005 USAFE Idol winner Maj. Larry Speer and "American Idol" Season Three finalist George Huff.

The winners of the 2006 USAFE Idol competition are:

1st Place: **Senior Airman Tony Howard**, Volkel Air Base, Netherlands;  
 2nd Place: **Staff Sgt. Michelle Miller**, Ramstein AB, Germany; 3rd Place: **Master Sgt. Douglas Gosselin**, Royal Air Force Lakenheath, England; Honorable Mentions: **Master Sgt. Irand Denton**, RAF Mildenhall, England; **Capt. Shelly Frank**, RAF Alconbury, England; **Capt.**

**Hollie Losee**, Lajes Field, Azores; **Senior Airman Elizabeth Milliken**, Aviano Air Base, Italy; **Tech. Sgt. Walter Womack**, Incirlik Air Base, Turkey.

The first-place winner received two roundtrip airline tickets to the U.S. compliments of American Airlines.

Second place received a flat-screen television compliments of Vogelweh Army and Air Force Exchange Services PowerZone, and the third-place winner received a stereo system.

Five judges rated all contestants on technical excellence and showmanship. Each contestant was judged on their two songs performed and were accompanied by "Direct Hit."

More than 600 people came out to see the contest and to cheer on their favorite Idol.

For further details on the winners and the program -- visit <http://www.usafesvs-marketing.org/idol.htm>.

## Eifel Salutes

### 52nd Mission Support Group

We oughta salute the 52nd Services Squadron data automation team -- **Robert Brooks** and **Larry White**, who make sure the computers and printers are always ready to go for each distinguished visitor's arrival to the base. "Dohn" hesitate to give kudos to **Kristin Dohn**, who always answers the call for help for marketing needs and ensures DVs have the most current information. **Tech. Sgts. Joseph Boyer** and **Kelvin Cox** and **Martin Moli**, **Michael Dean**, **Chris Bernarde**, **Jack Stevens** and **Marita Ziemer** have distinguished themselves with their stellar attention to detail in accommodating distinguished visitors. Team work, great customer service and winning attitudes are as common as mints on pillows at the temporary living facilities and visitor's quarters.

### 52nd Maintenance Group

**Master Sgt. Danny Brodeur** was the 52nd Equipment Maintenance Squadron's Asian Pacific American Council 2006 Meritorious Service Award Squadron nominee. Wing leaders were drawn to a foreign object damage poster designed by **Airman 1st Class Vaughn Reynolds**, who won an award for his artistry. Now in theaters ... "Saluting Airman Ryan."

**Airman 1st Class Ryan Brinkman** has been the drive behind the F-16 phase dock's success. He assisted with more than 11 400-hour phase inspections, and his knowledge of the phase and landing gear has made him a critical part of the team. He is currently deployed. **Staff Sgt. Jason Dean** made the "dean's list" by swiftly leading his 10-man crew of aircraft structural maintenance technicians during the recent Operation Desert Saber. **Staff Sgt. Michel Merritt** and **Staff Sgt. Barry Timp** were key

players in an emergency power unit activation response to a 301st Fighter Wing Naval Air Station Fort Worth, Texas, deployed F-16. During the procedures, Sergeant Timp identified a leaking hydrazine fuel line. He quickly depressurized the system reducing the leak to a minimum while Sergeant Merritt swiftly isolated the spill and sealed off the leak.

### 52nd Medical Group

Take two salutes and call us in the morning ... **Senior Airman Michael Nelson** went above and beyond when he helped lab technicians during his own physical health assessment. After initially being seen and then told to come back at 11 a.m., he went over to the lab and noticed that lab workers were being swamped by patients sent over from the PHA clinic. He immediately started drawing blood from waiting patients, helping fellow technicians and reducing patient waiting time. This improved the 52nd Medical Support Squadron customer service image.

### CDC stars

The following individuals earned scores of 90 percent or higher on their career development course examinations: 52nd Aircraft Maintenance Squadron: **Staff Sgt. Jonathan Lima**, 90; **Airman 1st Class Gregory Gilbert**, 91; **Airman Amanda Chesnut**, 90; and **Airman John Morrow**, 91. 52nd Civil Engineer Squadron: **Airman 1st Class Almond Wheatman**, 90; 606th Air Control Squadron: **Airman 1st Class Casey Martin**, 90; 81st Fighter Squadron: **Staff Sgt. Tracey Ballard**, 90.

*Kudos to all; Team Eifel salutes you!*

(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Courtesy photo

## Top Saber Team

**Unit Name:** 22nd Fighter Squadron Aviation Resource Management

**Brief description of unit responsibilities:** The SARM team is responsible for verifying all go/no-go requirements, flight following and sortie documentation in support of the squadron's daily flying schedule. These Sabers monitor pilot training accomplishments and report remaining and accomplished training. Additionally, they report progress of the squadron's annual flying hours flown against the hours allocated.

**Number of members:** Four: Master Sgt. Paul Denton, Staff Sgt. April Pena, Senior Airman Timothy Blaisdell and Tech. Sgt. Martha Milks

**How does the team fit into the 52nd Fighter Wing's mission?** The SARM manages the squadron operations center and is the focal point for day-to-day squadron operations. The team is the last line of defense in ensuring Saber pilots are ready to fly before they "step" out the door. SARM troops relay flying-related information with eight different base agencies. The SARM team is the eyes and ears of the operational fighter squadron.

**Team's other contributions through the year?** The team was instrumental in converting from an annual pilot training cycle to U.S. Air Forces in Europe's new air and space expeditionary force-centered training program. The 22nd FS was the first fighter squadron in USAFE affected by the change. During this process, the SARM recorded the accomplishment of more than 38,000 training events. SARM team members were instrumental in the on-time, on-target closeout of the fiscal year 2005 flying hour program. During October 2005, the 22nd FS deployed in support of Cope Thunder 06-01. There, the SARM managed a combined operations center for seven Air Force and Navy units reporting a total of more than 600 safely executed combat training sorties.

**Step up to the Brain Bowl challenge!**  
 Kudos to Spangdahlem Middle School students  
**Tyler Jakobs, Jordan Stubbs, Brendan McCormick, Jeffrey Heath, Katelynn Kenney, Selina Bitting, Katherine Varnado**  
 and **Diamond Washington**, who each participated in Kaiserslautern District's academic quiz bowl at Landstuhl Hospital's Heaton Auditorium  
 April 5. Go Bulldogs!



# TMO: Make summer moves smooth, informed

Compiled by Capt. Gabriel Lopez  
52nd Logistics Readiness Squadron Traffic Management Office

So orders are in hand it’s time to move. In order to make the move as easy as possible, be aware of all of responsibilities and entitlements -- this will make the process flow more smoothly and help prevent needless headaches.

### Preparation

In addition to coordination of household goods pick-up, people also need to arrange airline tickets to their new destination. Air travel reservations can be made without orders in hand, so as soon as there are firm dates for your travel, fax or e-mail reservation requests to the Passenger Travel office. Reservation request forms can be found online on the Spangdahlem Intranet under “52 MSG,” “52 LRS,” and finally, “TMO.” On the next page select Passenger Travel. A TMO representative will forward an e-mail confirming reservations (this e-mail does not serve as an E-ticket). The tickets can then be picked up five duty days prior to the departure date. Call Passenger Travel at 452-6661 or 452-7379 or fax 452-5482 for assistance.

The first step in setting up the move is to visit the TMO HHG section. People with orders can call TMO for their pre-move interview. The earlier the TMO meeting, the better the chances of getting first-choice packing and moving dates. The contracted moving companies also serve the Kaiserlautern area and book quickly. People with orders who are unable to make a TMO appointment may want to consider a power of attorney to allow someone else to make the arrangements.

Make sure to pick up a copy of the “TMO Moving Pamphlet” prior to the TMO visit. The pamphlet is on the Spangdahlem Intranet and will help pinpoint areas in question prior to the interview.

Have an idea of how much weight will be shipped prior to your interview. Try to estimate the weights for the different shipments to be made. Estimate the weight of the shipment as about 1,500 pounds for every room full of personal property. A room is considered a bedroom, living room, kitchen, attic, basement or garage. The number can change if the member has heavy furniture. Be aware of the amount authorized to move.

Permanent change of station orders include separation, retirement, local moves and early return of dependents. Each type of orders or entitlement has its own unique rules based on the member’s grade, unaccompanied or accompanied status and moving destination.

Whether single or unaccompanied, people living off base are authorized their full weight entitlement and can ship household goods and unaccompanied baggage. Dorm residents will only be authorized one shipment of their goods; either a 700-pound HHG shipment or a 500-pound unaccompanied baggage shipment. There are always exceptions to these rules, and they vary depending on orders and the next assignment. Entitlements questions can be addressed at the interview.

Many military members are not aware of the allowance of “pro-gear.” Anyone in the military, regardless of rank, can declare professional gear. The technical term is Professional Books, Papers, and Equipment. All members are authorized PBP&E transportation when the member certifies the PBP&E as necessary for official duty. PBP&E is transported in the same manner as HHG, including incident to separation, relief from active duty or retirement, but is not charged against the authorized weight allowances. These items will not count against final weight, but should be included in the initial estimate, as the movers will still need to prepare and pack them. Be sure the mover annotates your pro-gear boxes and weights on the inventory sheet on moving day so these boxes are subtracted from the total weight.

### Meet with a counselor

Upon arrival to the counseling session, have a seven-day range of dates that meet moving needs. Provide TMO with six copies of PCS orders during this counseling. TMO will need a power of attorney or a letter of authorization to allow someone else to sign for goods.

Ask questions during the counseling. Every move is different. HHG may have changed, entitlements may have changed, and rules may vary between duty stations. Impatience may save time during the interview, but it may cost money if an entitlement is exceeded or documentation is not verified. Review the shipping application carefully before signing it. Ensure the counselor has a firm point of contact and telephone number.

### Before moving day

Dispose of any excess property and have your high-value items appraised (the government will not pay for this). Make sure to prepare property for shipment prior to the packers’

arrival. Disconnect all major appliances, drain waterbeds, motorcycles, and lawn mowers of water, gasoline, and oil.

Remove pictures, mirrors and the like from the walls. Separate property by type of shipment (i.e., non-temporary storage, unaccompanied baggage, PB&E and HHG) before the packers arrive. Do not schedule to turn off utilities until a date after the movers plan to complete the pickup.

### On moving day

On the pack-out day, secure all items that are not to be packed. Do not ship money, jewelry, or other irreplaceable items. Place items such as pets, uniforms, orders, plane tickets, and brief cases in a secure place. Failure to do so may cost additional money should the items need to be retrieved after pack out.

Ensure all items are properly accounted for on the inventory, including the hardware for items disassembled by the carrier. Consider putting these items in plastic bags safely attached to the item. Make sure the inventory is accurate and readable. This may be the only documentation at the receiving end.

If it seems the carrier is improperly packing or loading property, stop them. Call the TMO Quality Control desk at 452-6027 and request that an inspector make a visit to the home. Do not wait until after the movers have finished for the day to call TMO. Calling afterwards may not be helpful if property is already broken or lost.

Check all closets, kitchen cupboards, and outside storage areas before the carrier departs the residence. The member may be charged if the carrier must return to make an additional pickup. A number of people miss their drinking glasses or hanging garments because they were in a hurry. Remember, if the carrier damages the member’s home or property at the time of pickup, make sure the landlord and housing office are notified to resolve the issue before the carrier departs the area.

### At the next duty station

Contact the inbound section of the destination TMO as soon as possible. Give them a phone number where the member can be reached during and after duty hours. This will assist in the timely delivery of personal property once it arrives to the area.

### On delivery day

The carrier must unpack property unless the member waives that right. If the mover unpacks, they must dispose of the debris. (i.e. boxes and packing material). People who waive this entitlement will become responsible for the removal of packing material and debris. The carrier is also responsible for one-time placement of HHG. The carrier will not organize your cabinets, shelves or other items. Have the carrier re-assemble anything that was disassembled at origin and marked “CD” on the descriptive inventory.

Carefully check items off the inventory sheets as they are brought into the residence. At this point, check for line item accuracy as well as visible damage that may have occurred.

Unpack any cartons with obvious damage immediately to more accurately annotate all damage or missing items on the DD Form 1840 (pink form). Do not sign a DD Form 619-1 for extra services such as long carry, or stair carries if they were not performed by the carrier. If in doubt, call the local TMO.

### After the move

Unpack and check all household goods items as soon as possible. Record any additional damage on the DD Form 1840R. There is a cap of 70 days to complete the DD Form 1804/1840R and return them to the Legal Office. Late filing could release the carrier from damage accountability and consequently reduce the amount of money received, if any.

### To file a claim

People who sustain any loss or damage to their property can call the Legal Office for assistance. Try to file the claim as soon as possible. While members are allowed up to two years from date of delivery to file a claim, delays in filing hold up reimbursement of the claim and hinder the carrier’s evaluation process.

The Spangdahlem Air Base TMO aims to ensure the transition to a new duty station is successful. Call a TMO representative at 452-6068, 6027, 7319 or 6263, or visit building 128, first floor. Walk-in hours are Mondays through Fridays from 8 a.m. to 3 p.m. Send e-mail to 52 LRS/LGRTH Inbound Personal Property or 52 LRS/LGRTH Outbound Personal Property. TMO is closed on wing training days.

Table of Joint Federal Travel Regulations			
The chart below depicts the weight authorizations in pounds for each grade according to Department of Defense travel regulations.			
Grade	PCS w/o deps.	PCS w/ dependents	Temporary duty weight allowance
0-10.....	18,000	18,000	2,000
0-9.....	18,000	18,000	1,500
0-8.....	18,000	18,000	1,000
0-7.....	18,000	18,000	1,000
0-6.....	18,000	18,000	800
0-5/W-5.....	16,000	17,500	800
0-4/W-4.....	14,000	17,000	800
0-3/W-3.....	13,000	14,500	600
0-2/W-2.....	12,500	13,500	600
0-1/W-1.....	10,000	12,000	600
E-9.....	12,000	14,500	600
E-8.....	11,000	13,500	500
E-7.....	10,500	12,500	400
E-6.....	8,000	11,000	400
E-5.....	7,000	9,000	400
E-4.....	7,000	8,000	400
E-3 to E-1.....	5,000	8,000	400
Aviation Cadets.....	7,000	8,000	400



#### Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

■ [DirectLine@spangdahlem.af.mil](mailto:DirectLine@spangdahlem.af.mil)

■ Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126

■ To PA in building 23.

■ Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.



Col. Dave Goldfein

## May Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	438	21	+ 2
23FS	405	19	- 2
81FS	334	8	- 3

\*Delta is contract vs. sorties flown to date.

Through May 2

Courtesy of the  
52nd Operations Support Squadron  
Plans and Scheduling Section

# Viewpoint

May 5, 2006

Page 5

## Sponsorship

# Taking care of new Sabers ensures smoother Team Eifel transition for all

By Senior Master Sgt. Cheryl Nurse  
52nd Medical Group

Spangdahlem will experience its first group of summer PCS members since the Rhein-Main transition. There will be a large influx of members who will be counting on us to make their permanent change of station transition smooth and painless.

Some members are moving from remote locations and have chosen our base as their dream assignment. Others may have been waiting at a stateside base to get to Spangdahlem AB and we cannot let them down. We all must do our part to keep up our enthusiasm and spirits.

To accomplish this, sponsors must maintain close communication with their assigned members and provide the utmost care and attention to their basic needs, which include lodging, transportation, child care and food. Understanding people's need for the basic necessities of life is how sponsors should prepare for newcomers' arrivals. Lodging, the housing office and the central dormitory will be the first steps to find a place for the new Sabers to stay.

Lodging is on Spangdahlem AB and has six special rooms available for members who arrive with pets. Also, visiting the housing office within the first 48 hours of arrival is mandatory for new Saber families.

There are a few transportation options for new Sabers to consider. Lodging can help make transportation arrangements to meet the members at either Frankfurt International Airport or Ramstein Air Base. A majority of in-bound members arriving this summer will have traveled long hours to reach this destination and will appreciate a stress-free way to get here. Taxi service from Frankfurt is available, but is costly. An alternative is for sponsors to drive to Frankfurt (mission permit-

**Sponsorship boils down to one simple tenet: take care of each other, as we rely on each other to ensure Sabers can take care of their needs and families, which in turn guarantees a job well done and our country's freedom now and in the future.**

ting) to personally pick up inbound members.

Few things in life make people more comfortable than a hearty, nutritious meal. Consider providing a welcome grocery pack for your inbound members that will provide the basics for them until they can make a real grocery run. If time is available, invite the new Sabers to a few home-cooked meals. This is a great way to make new Sabers feel welcome during their first couple of days in the Eifel.

Once sponsors and coworkers have accomplished all of above, we at Spangdahlem AB can rest assured that the Team Eifel's newest members are well rested and eager to start their new jobs.

Please don't downplay the importance of communication in this process. As soon as the names of the inbounds are received and sponsors are assigned, proactive communication needs to begin.

First and foremost, the family support center has a great package that provides answers or may even trigger more questions to help ensure a smooth and memorable transition.

Sponsors may need to be patient and not give up trying to contact inbound members. People

have different priorities and wants associated with their PCS moves. Sponsors can prepare or set up and visit different agencies for them in addition to the basic necessities. For example, a post office visit with a copy of the inbound's orders will surely land a box number. This will allow the new Sabers to forward mail and speed up mail receipt when they arrive.

For inbounds with children, a visit to the child development center or the school system to set up day care or counselor visits is a tremendous help.

How about conducting an initial search to purchase a vehicle? There are many used car lots located in the communities surrounding Spangdahlem AB in addition to the Eifel Times Der Markt listings on the Community Mailbox page. Then of course there is the driver's handbook that can be signed out to prepare for the challenging driver's test.

There are more questions out there, but the key to a smooth transition is communication. Please keep the lines open.

The family support center strongly suggests that new members attend the four-day in-processing briefing as soon as possible. This will assist them with their stay here and also help them make better decisions, thereby creating a less stressful situation and a more pleasant tour.

As day one of arrival is almost completed, you may want to ask yourself, "Did I accomplish all that the member(s) needed, and what plans have I made for tomorrow?"

Keep in mind that the first 48 hours could very well define their entire tour. Sponsorship boils down to one simple tenet: take care of each other, as we rely on each other to ensure Sabers can take care of their needs and families, which in turn guarantees a job well done and our country's freedom now and in the future.

## Lessons learned

# Course on discrimination expands students' minds

By Shannon Doherty  
Spangdahlem Middle School student

April 25 was Holocaust Remembrance Day. Throughout the world, people gathered to commemorate all those who lost their lives at Nazi hands, especially the Jews.

The Spangdahlem Middle School seventh and eighth grade Gifted Education class studied the topic of discrimination, and each student published his or her own book about the Holocaust. Studies included the life of Adolf Hitler, various concentration camps and survivors of the Holocaust and ghettos.

Throughout the course, each student also learned a great deal about morality. Our teacher,

Douglas Price, taught us not only about the causes of the Holocaust and its devastating effects, but also how it began. He encouraged us to think about what would allow any government or group of people to let the Holocaust take place.

Although information about my topic, Auschwitz-Birkenau, was enough to make me cry, I learned a great deal about the issue. I can personally say that the information about Auschwitz-Birkenau probably wouldn't have affected me as much as it still does to this day without the perspective Mr. Price shared with us.

Among some of the things I learned from my research was that of the estimated 11 million lives that were taken, more than 1.6 million peo-

ple lost their lives at Auschwitz-Birkenau, including Jews, Gypsies, political prisoners, members of the Resistance, Polish civic and spiritual leaders, homosexuals, members of the intelligentsia, the anti-social, and Russian POWs. Many of these people were starved, beaten or gassed. Toward the end of the war, the Nazis even began to burn children alive to save money.

Mr. Price's Gifted Education course allowed me not only to learn about the prisoners and the difficult lives they led, but also to feel for them. This extensive course taught me more about the world than I probably ever would have learned without it. More importantly, I also feel it has helped me become a little bit of a better person.

Prepare to fight

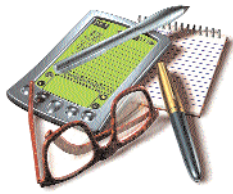


Fight to win



Take care of each other





## Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil).



### Clothing drive

The Bitburg Elementary School Bear Council accepts clothing donations for youth ages 8-17 through May for the St. Vinzenz-Haus children's home in Speicher. Drop off donations at the school's main office.

### Library closed

The Spangdahlem AB Library is closed May 17 at 6 p.m. for carpet cleaning. Call Ute Palk at 452-6203 for details.

### Days of Remembrance

Team Eifel commemorates victims of the Holocaust with Days of Remembrance events throughout May.

Through Sunday: Base libraries showcase books on the Holocaust and World War II.

Saturday: Take a tour of Luxembourg's war memorial cemetery and museum. Call James Norman at 452-7170 for details.

May 19: Bitburg High School announces the winner of an essay contest honoring Holocaust victims.

May 27-28: Information, Tickets and Travel conducts a trip to Dachau and Munich. Call 452-6567 for details.

### Deployed youth camps

♦ Registration is due today for the Camp Army Challenge taking place June 18-24 and August 13-19 at Grafenwoehr, Germany. Cost is \$50. The events are for students in grades nine through 12 who have a parent deployed during the summer. Camp sessions feature activities to help campers develop strategies to cope with the stress associated with deployment. Call 452-7546 for details.

♦ Registration is due May 24 for Camp

Island Lake Camp taking place Aug. 2-15 in the Pocono Mountains, Pa. The event is for youth ages 9-15. To qualify, youth must have at least one parent currently deployed or deployed within the past six months, and must submit a typed essay addressing the theme, "What it would mean to me to go to Camp Island Lake Camp this summer." Applications are available at the Spangdahlem AB Youth Center or Bitburg Annex Teen Center. Call Patti Porter at 452-9206 for details.

### Kindergarten registration

Registration for kindergarten for the 2006-2007 school year is now taking place. New students must be age 5 before Oct. 31. Parents or legal guardians should bring a copy of their orders with the child's name listed on them, the child's social security number and the child's birth certificate or official passport. For more information about Spangdahlem Elementary School registration, call 452-6881 or e-mail [cheryl.varnado@eu.dodea.edu](mailto:cheryl.varnado@eu.dodea.edu). For Bitburg Elementary School registration details, call 452-9131 or e-mail [mary.marchand@eu.dodea.edu](mailto:mary.marchand@eu.dodea.edu).

### Youth trip to Italy

Registration continues for the Club Beyond Italy Beach Break trip to Camp Darby, Italy. Camping for high school students takes place June 15-22 and camping for middle school students is set for June 23-30. The cost is \$200. A \$100 registration deposit is due May 12 to the Spangdahlem AB Chapel. Call Club Beyond at 452-9353 for more information.

### Volunteer resource program

The Volunteer Resource program has

replaced the Hidden Heroes program. Volunteers can now log their hours on the new program's portal at <https://wwwmil.usafe.af.mil/hiddenheroes/index.htm>, using a government computer.

### Civil Air Patrol

The Spangdahlem AB Civil Air Patrol is currently accepting cadet and senior member membership applications. The squadron seeks youth ages 12 and older interested in outdoor, leadership and flying activities, and adults dedicated to mentoring the cadets. Meetings take place Thursdays from 6-8:30 p.m. in Bitburg Annex building 2012. E-mail [civilair.patrol@spangdahlem.af.mil](mailto:civilair.patrol@spangdahlem.af.mil) for more information.

### Academic advisor visit

A University of Maryland University College academic advisor visits the base education center Thursday to assist UMUC students with degree planning. Call 452-7552 to schedule appointments.

### Spouse orientation

Heartlink, a USAFE spouse orientation program, offers a class May 12 from 8:45 a.m. to 2 p.m. in Spangdahlem AB building 130. The class covers military benefits, protocol, services available to military families and more. Call 452-9491 or e-mail [tammy.kunz@spangdahlem.af.mil](mailto:tammy.kunz@spangdahlem.af.mil) for details.

### Career Day speakers needed

Speakers are needed to share information about their jobs with Spangdahlem Middle School students May 19 from 1:15-2:30 p.m. Call 452-7276 or e-mail [sennie.smith@eu.dodea.edu](mailto:sennie.smith@eu.dodea.edu) for more information.

## Chapel Services

### Spangdahlem AB

#### Catholic Mass

♦ Saturday, 5 p.m.

♦ Sunday, 8:30 a.m.

♦ Sunday, religious education, 9:45 a.m. (Building 139)

♦ Monday - Thursday, 11:45 a.m. Protestant

♦ Sunday, 10:30 a.m., traditional service

♦ Sunday, 1 p.m., Korean service

♦ Sunday, 5 p.m., Sunday Night Live service

### Bitburg Annex

#### Catholic Mass

♦ Sunday, 11:30 a.m.

♦ Monday, 8:30 a.m.

#### Protestant

♦ Sunday, 8:15 a.m., liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

*For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.*

## Bunco at the Club

Friday, May 12  
7 p.m.



# Free!

### Members only

In conjunction with Parents Night Out, so drop your kids off and enjoy a fun night out!  
**Prizes in 6 different categories!**  
**Fireside Lounge**



## Der Markt

### Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil) or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.



## Movies

The following movie listings are for today through May 11. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

### Spangdahlem Skyline

Today

*Date Movie (PG-13, 7 p.m.)*

Julia Jones is engaged to Grant Fonckyerdoder, but before the couple can have their Big Fat Greek Wedding, they'll have to Meet the Parents and hook up with The Wedding Planner.

*Inside Man (R, 9:30 p.m.)*

Detective Frazier matches wits with a clever bank robber and a power broker with a hidden agenda.

Saturday

*Eight Below (PG, 7 p.m.)*

Inspired by a true story, after an accident, three members of a scientific expedition in Antarctica are forced to abandon their sled dogs and find their way back home.

*Freedomland (R, 9:30 p.m.)*

A white woman blames an African-American man for the death of her son, but a reporter and a detective suspect otherwise.

Sunday

*Date Movie (4 p.m.)*

*Inside Man (7 p.m.)*

Monday

*Eight Below (7 p.m.)*

Tuesday

*Inside Man (7 p.m.)*

Closed Wednesday and Thursday

### Bitburg Castle

Today

*The Pink Panther (PG, 7 p.m.)*

When a world-famous soccer coach is murdered and his legendary ring is stolen, the French government assigns Inspector Jacques Clouseau to the case.

*V for Vendetta (R, 9:30 p.m.)*

Mild-mannered Evey, who is rescued from death by a masked vigilante, rises up against the tyranny and oppression of a futuristic, totalitarian Britain.

Saturday

*Curious George (G, 7 p.m.)*

An inquisitive monkey and his pal have a series of adventures.

*Firewall (PG-13, 9:30 p.m.)*

A bank security expert must find a flaw in his system and steal millions to save his family from kidnappers.

Sunday

*The Pink Panther (4 p.m.)*

*Curious George (7 p.m.)*

Closed Monday and Tuesday

Wednesday

*V for Vendetta (7 p.m.)*

Thursday

*The Pink Panther (7 p.m.)*

Karlsbad, Cheb offer high-quality glass at low prices

# Czech Republic flea markets feature fine Bohemian crystal

Story and photos by  
1st Lt. Shannon Collins  
52nd Fighter Wing Public Affairs Office

Team Eifel members should grab a suitcase on wheels and flex an uncanny ability to haggle before heading out to the Czech Republic.

During the Information, Tickets and Travel office's trips to the Czech Republic, people pick up bargains on Bohemian crystal, name-brand clothing and more.

The first stop is Karlsbad, or Karlovy Vary in Czech. Here, bargain hunters can find great deals on Bohemian crystal. The Czech Republic is known for its crystal. This country has a large number of glassworks producing some of the world's highest quality glass. The long tradition of glassmaking in Bohemia means great experience and skill accumulated over many generations.

Shoppers can buy a fancy bowl or maybe a six-piece wine glass set. Some vendors take euro here, but most accept the Czech crown. To check out the most up-to-date exchange rate, visit <http://www.xe.com/ucc/convert.cgi>. The current rate is about one American dollar to 22.6 koruny, or crown, or one euro to 28.5 koruny. The easiest way to get Czech crown is to stop at one of the exchange offices or ATMs in Karlsbad.

If the shopping is done early, visitors can take a look at the historical town. Karlovy Vary was founded in 1350 by the Czech King and Holy Roman Emperor Charles IV. The town's visitors over the years have included Casanova, Ludwig van Beethoven, Wolfgang Amadeus Mozart, Franz Kafka and many representatives of the world film industry who come to Karlovy Vary as guests of the International Film Festival held every July.

After stocking up on Bohemian crystal chandeliers and wine glass sets and taking a note of history, ITT tourists then load up on the bus and head to Cheb.



Above, Team Eifel members roll their way to bargains at the flea market in Cheb, Czech Republic. Right, crystal and finely cut glass, as shown here, can be found in the Czech Republic flea markets at prices lower than offered in retail stores. Bartering is common at the markets, and although shoppers are encouraged by the vendors to pay the sticker prices, it's common practice to barter for a lower price, which, depending on the item's mark-up, can be less than half of the vendor's asking price.

Cheb is located on Ohre river near the German border. The town fell to Bohemian king Otakar I in the 13th century. It was often damaged by war, including in the Hussite wars (1419-1436), the Thirty Years' War (1618-1648) and the War of Austrian Succession (1740-1748).

Rolling luggage racks or suitcases come into great use here. Though flea market connoisseurs may feel odd rolling down rows of wares, it's an easy way to carry the various purchased "treasures."

Most of the vendors here speak English and take euro, Czech crown or American dollars. The best rate is usually with euro. This is the best time to put



haggling expertise into use. The vendors always start with a pretty high price, so talk them down and then start to walk away. Shoppers should never let the vendor see how much the item is desired.

The trip to Karlsbad and Cheb gives Team Eifel members a chance to make a deal on Bohemian crystal and designer clothing, or to just stroll down historical roads.

The next ITT trip is May 12-13 and costs \$75 per seat. Call 452-6567 for more information.

## Out and About

For more information on the event listed below or to reserve tickets, call the TV-Ticket hotline at 0651-7199996.

- The 34th Ourdall Nessknacker International Walk in Hosingen, near Vianden, takes place Saturday from 8 a.m. to 2 p.m. Participants can choose from walks five to 15 kilometers long. The entry fee is 1 euro. E-mail [bettrene@internet.lu](mailto:bettrene@internet.lu) or call 00352-26910155 for more information.

- Tickets are on sale now for the annual Rock Am Ring open-air concert taking place June 2-4.

- Tickets are on sale now for the Luther Heritage Tour taking place June 29 to July 1. The tour is sponsored by Trinity Lutheran Church of Frankfurt, Germany, and costs 275-325 euro for double or single rooms with some meals, entry fees and guide services.

E-mail [hback5@hotmail.com](mailto:hback5@hotmail.com) or call 452-6711 for additional details.

- "Explore the Eifel" takes place July 3-4 and 6-7 this year, when Team Eifel members are encouraged to explore the Eifel region. The information fair is a mandatory formation taking place June 30 from 9 a.m. to 5 p.m. The fair features exhibitors offering organized trips and tourist information.

Information, Tickets and Travel offers the following trips. Call 452-6567 or e-mail [52svs.itt@spangdahlem.af.mil](mailto:52svs.itt@spangdahlem.af.mil), or visit the office in Spangdahlem AB building 124 at least two weeks before events to reserve seats.

- Six Flags Holland, May 20. Cost is \$82 for adults, \$76 for children.
- Payless Paris tour, May 20. Cost

is \$80 per seat.

- Cochem medieval dinner, May 20. Cost is \$79 per person.

- Spain for three nights, May 25-29. Cost is \$359 for adults, \$319 for children ages 2-12 sharing a room with two full-paying adults.

- Munich and Dachau overnight, May 27-28. Cost is \$189 for adults, \$159 for children ages 3-12.

- Normandy for two nights, May 26-29. Cost is \$389 for adults, \$359 for children ages 3-12 sharing a room with two full-paying adults.

- Rhein cruise, dinner and wine tasting, May 27. Cost is \$79 per person.

- Disneyland Paris express, May 27. Cost is \$119 for adults, \$109 for children ages 3-11.





Staff Sgt. Jennifer Lindsey

## Driving ambition

Staff Sgt. Clinton Prescott, 23rd Fighter Squadron crew chief, practices his swing at the Eifel Mountain Golf Course Driving Range Tuesday in preparation for today, the first day of the base golf season. The cost is \$1 for a bucket of 10 balls, and a range club rental is \$2 on base. The daily greens fee for an 18-hole game for E-5s and above is \$15, and for E-4s and below is \$11. For details, call 452-6821.

# Sabers spring into fitness with May cardio, weightlifting events

**1st Lt. Shannon Collins**  
52nd Fighter Wing Public Affairs  
Office

Airmen and their families can run, spin and aerobicize their way to being fit to fight through various activities at the Spangdahlem Skelton Memorial Fitness Center during May Fitness Month.

Events kicked off Tuesday with the Lose Body Fat Challenge and month-long fitness assessments.

"In this event, participants weigh in starting May 1 and again May 31 to see who lost the most body fat," said Myla Compton, 52nd Services Squadron fitness specialist. "The intent is not to see people drop 15 to 20 pounds in a month. This is a motivational

step for people to look at their physical activities and nutrition to begin a commitment of a healthy lifestyle."

Mark Geairm, 52nd SVS fitness and sports director, encourages people to attend but to work at their own pace.

"These activities have your best interest in mind -- your health. Whether you're physically fit or not active at all, these programs are for you," he said. "Challenge yourself and don't be afraid of your fitness level -- everyone had to start somewhere. Being physically fit is one of the best things you can be in order to live life enjoyably."

## May fitness events

♦ Duathlon, Saturday at 10 a.m., includes a five-kilome-

ter run, 30-kilometer bike race and finishes with another five-kilometer run. Entry fee is \$10.

♦ Women's weightlifting class, Wednesday at 10 a.m. Class instruction offers tips on how to work each muscle group.

♦ Spin-a-thon, May 13 from 9 a.m. to noon. Participants register for up to three-hour sessions.

♦ Family five-kilometer fun run and walk, May 20 at 10 a.m. The entire family is encouraged to participate.

♦ Aerob-a-thon, May 20 from 9 a.m. to noon. Events include kickboxing, Step aerobics and more.

Call the base fitness center at 452-6496 for details.

## Sports Briefs

### Varsity track and field update

Spangdahlem AB varsity track and field team member Bryon Grays took first place in the shot put competition Saturday at the April Sports Festival in Erkelenz, Germany. Douglas Schmidt took second, Darnell Moss took fourth and Damasi Bell placed fifth in the 100-meter race. Joshua Ramos took fifth place and Tim Shearer placed seventh in the three-kilometer race. The team competes May 13 in Emmerich, Germany, and again May 20 at the 2006 U.S. Forces Europe Track and Field Championship in Heidelberg, Germany. People interested in competing at the meet can call Master Sgt. Grays at 452-6201 or 452-6339.

### Cardio challenge continues

The "Conquer the Zuckerhutl" cardio challenge continues through May 31. The Zuckerhutl is Austria's highest mountain, peaking at about 11,500 feet. Four-person teams "climb" five feet for every minute of exercise the teams do together. Call the Health and Wellness Center at 452-4295 for details.

### Running track closes May 31

The Spangdahlem AB fitness center running track is tentatively scheduled to close for resurfacing from June through September. For the duration of the resurfacing project, the running portion of official physical training tests will take place on the Bitburg High School running track. Sabers can practice running on the BHS track weekdays from 6-8 a.m. and 6-8 p.m. Alternate approved PT test running areas are on the ramps between Hangars 1-2 and near the 726th Air Mobility Squadron terminal; however these ramps are active aircraft parking areas. Test monitors must call ahead to schedule use of these areas. Call 452-6066 to schedule use of the running area near Hangars 1-2, or call Tech. Sgt. Jaime Falcon at 452-8941 to use the 726th AMS running area.

### Batting cages now open

The Spangdahlem AB batting cages are now open for use. They're located next to building 307 and ballfield No. 2, across from the Eifel Lanes Bowling Center. The pitching machines feature an automatic 14-ball feeder for which people can supply their own softballs or borrow them from the base fitness center. An operator's manual is available at the cages. Call the base fitness center at 452-6634 for details.

### Upcoming outdoor recreation events

Call 52nd Services Outdoor Recreation at 452-7170 for more information about the following events.

♦ Baltic deep-sea fishing, May 13-14. Cost is \$140. There

is no limit on the number of fish participants can catch. Minimum age is 12; youth ages 17 and younger must be accompanied by an adult.

♦ One-day introduction to scuba diving, May 24 from 4:30-8:30 p.m. Cost is \$35. Minimum age is 16; youth 17 and younger must be accompanied by an adult.

### Wing Sports Day slated for May 25

52nd Fighter Wing Sports Day is slated for May 25. Planning meetings take place May 16 and 23 at 1:30 p.m. in the Spangdahlem AB fitness center conference room. Unit fitness monitors and sports advisory council members are strongly encouraged to attend. Sports Day events will include a fun run, singles racquetball, three-on-three basketball, softball, bowling, horseshoes doubles, soccer, tennis, golf, track, bike races, billiards and volleyball.

### Teen ropes course set for June

Registration continues through May 15 for the USAFE Ropes Course Trip taking place June 16-20 at Oberweis Annex, Germany. The event is free for eight youth ages 13-18 who will be selected based on their submission packages. Applications are available at the Spangdahlem AB Youth Center or Bitburg Annex Teen Center.

### Martial arts classes available

♦ Kuk Sol Won classes take place Mondays, Wednesdays and Fridays at 6:30 p.m. in the Spangdahlem AB fitness center.

♦ Aikido classes take place Tuesdays and Thursdays at 6 p.m. in the Spangdahlem AB fitness center.

♦ Practice Tai Chi Quan Mondays and Wednesdays from noon to 1 p.m. in the Spangdahlem AB Youth Center and Tuesdays and Thursdays from 6-8 p.m. in the Bitburg Annex gym. Call Klaus Van Den Boom at 452-2392 for details.

### Wall climbing available

The rock climbing room is open for certified climbers. To learn wall climbing techniques and to gain certification, call the Spangdahlem AB fitness center at 452-6634.

### Healthy numbers to remember

Sabers considering quitting smoking, who want to learn more about healthy nutrition or who need to improve their physical training techniques can call the Health and Wellness Center. Call 452-9355 for Tobacco Cessation, 452-6995 for exercise physiology, 452-9355 for the nutritionist or 452-6496 for the fitness center.

## Play 3-on-3 basketball in honor of Senior Airman Jason Bechel

**Saturday at 1 p.m.**

**in the Spangdahlem AB fitness center  
Entry fee of \$20 per four-person team**

Donations collected during the memorial games benefit the Bechel family.

Airman Bechel, 52nd Equipment Maintenance Squadron aircraft maintainer, died Sunday in a vehicle accident.

E-mail [edmarshall25@gmail.com](mailto:edmarshall25@gmail.com) or call 06562-965570 for tournament information.

## Upcoming tournaments

### Intramural softball

Team Eifel members are invited to cheer on their favorite team at the Spangdahlem AB Pre-season Intramural Tournament taking place Monday on Spangdahlem AB softball fields 1-2. A season tournament takes place May 13-14 on fields 1-2. For more information, call 452-6634.

### Golf championships

The registration deadline is June 5 for the 2006 USAFE Golf Championships taking place June 12-17 at the Alpine golf course, Aviano AB, Italy. The event is a 54-hole stroke-play tournament in accordance with Professional Golf Association rules and is open to all military ID cardholders ages 18 and older. The entry fee of \$70 is due June 5. For more information, e-mail [albert.hobrecht@aviano.af.mil](mailto:albert.hobrecht@aviano.af.mil) or call him at 632-7386.

### Ultrabodies VII competition

The Ultrabodies VII bodybuilding competition takes place at Royal Air Force Mildenhall, England, June 24. The entry fee is \$30 up to June 1 and \$35 after. The competition has a new category called female fitness and physique. For more information, call the RAF Mildenhall Fitness and Sports Center at 238-3735 or 238-2349.